



The Pipeline

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First Lady Invites Young and Old Alike to Mansion on Halloween

Kentucky First Lady Judi Patton wants all little firefighters, Harry Potters and princesses to have a good Halloween experience so she is inviting them to descend upon the Executive Mansion from 6 to 8 p.m. on Wednesday, Oct. 31 for Trick-or-Treat.

Henry Family to Host a Halloween Open House

Lieutenant Governor Stephen L. Henry, M.D., Heather and Harper invite the public and news media to attend a Halloween open house and trick-or-treat on Wednesday, October 31, from 6:30 – 8:30 p.m. at the Old Governor's Mansion, 420 High Street in Frankfort.

Halloween Fest is This Week

By Anya Armes Weber

Next week is the big Kentucky Employees Charitable Campaign celebration! CFC's Halloween Fest is 11:30 to 1 p.m. Wednesday, Oct. 31, in the CHR cafeteria.

Guests can eat, play games and win prizes, with all proceeds going to KECC's charities. Don't forget the costume contest: there are \$25 prizes for the funniest, scariest and most original costumes.

You can also vote for your favorite of several office-decorated pumpkins during lunch next Monday through Wednesday, Oct. 29-31 in the cafeteria. Vote with your spare change. The office raising the most money for KECC wins a pizza party.

While you're in the cafeteria, check out the silent auction, where you can bid on decorative items and a week's use of a premium parking space near the CHR building.

CFC's goal for the 2001 campaign is \$150,000. Help our Cabinet meet this target by joining the fun next week!

If you'd like to donate a treat – homemade or store-bought – for the cake walk, contact Michele Harrod in the Ombudsman's Office at 564-5497.

Check this site for more information about KECC's activities:

<http://cfc.state.ky.us/pipeline/2001/1011kecc/PLoct1201.htm>



Ombudsman Eleanor Jordan buys a coffee mug from Rodney Moore and Michele Harrod at the KECC yard sale Monday. Moore and Harrod, of the Ombudsman's Office, organized the 2-day sale.

Yard Sale Nets More Than \$500 for KECC

By Anya Weber CFC Communications

The Ombudsman's Office raised \$506.03 for the Kentucky Employees Charitable Campaign at its two-day yard sale this week in the CHR lobby.

"We did pretty well for what we had donated," Michele Harrod said.

The sale is helping more than just KECC charities. Rodney Moore said a truckload of the unsold items was donated to Goodwill.

You can help out the KECC agencies and have a good time from 11:30 a.m. to 1 p.m. at the Halloween Fest on Wednesday, Oct. 31. Check last week's special edition of the Pipeline at <http://cfc.state.ky.us/pipeline/2001/1011kecc/PLoct1201.htm> for details.

Food Safety Tips for Halloween



Halloween is on the way, bringing fun for Kentucky's children as they go out and collect good treats to eat. Most treats children receive are safe, and add to the enjoyment of the holiday. The Cabinet for Health Services wishes to provide parents and children some general guidelines to ensure this Halloween is as safe as possible for our children.

"Every year Kentucky's children look forward to going Trick-or-Treating," said Guy Delius, Manager of the Cabinet's Food Safety Branch. "While it's fun for children to dress up and try their luck in gathering treats and candy, we just want to provide some general food safety guidelines which should be remembered when collecting and consuming the food."

- Only visit homes and businesses that you are familiar with.
- Don't take candy or treats from persons who you do not know.
- Only eat candy that has been commercially made and wrapped.
- Do not eat candy if the outer wrapper has been noticeably altered.
- Homemade treats should not be eaten unless you know and trust the person who made them.
- Do not eat any candy or food that is unwrapped or appears to have been tampered with.
- Do not eat any candy or food that appears to have a powder or dust on it.
- Always wash your hands before eating any foods.
- After handling any unclean food products, wash your hands thoroughly.
- Be conscious of choking hazards such as gum, peanuts, hard candies, or small toys as treats to small children.

Children should also avoid costumes that limit vision. They should wear bright colors and use reflective tape and flashlights during nighttime hours. Young children should be escorted by adults. Motorists should be cautious during Trick-or-Treat hours in their communities.

Public Health Releases Information on Handling Suspicious Mail



Many facilities in communities around Kentucky have received suspected anthrax threat letters. Most were empty envelopes; some have had talcum powder in them. None have had anthrax. The letter, if present, may read something like "You have been exposed to anthrax...." The purpose of these is to recommend procedures for handling such incidents.

Do Not Panic:

1. Anthrax organisms can cause skin infection, gastrointestinal infection or pulmonary infection. To do so the organism must be rubbed into broken skin, swallowed, or inhaled as a fine, aerosolized mist. It does not leap into one's body. All forms of disease are generally treatable with antibiotics.
2. For anthrax to be effective as a covert agent it must be aerosolized into particles fractions of an inch in size smaller than a red blood cell. This is difficult to do, and requires a great deal of technical skill and special equipment. If these small particles are inhaled, life-threatening lung infection can occur, but prompt recognition and treatment are effective.

Unopened letter or letter that appears empty:

1. Place envelope in a plastic bag or clear envelope.
2. Wash hands with SOAP and WATER.
3. NOTIFY your Local law enforcement

An Opened Envelope with Powder or Powder Spills Out onto Surface:

1. Wipe down any potentially exposed areas with a bleach and water solution. Place one cup of bleach in a gallon of water. Keep others away.
2. WASH hands with soap and water.
3. NOTIFY your local law enforcement agency
4. IF CLOTHING is heavily contaminated, don't brush

5. vigorously. REMOVE it when possible and place in plastic bag.
5. SHOWER and SOAP and WATER as soon as possible at home. DO NOT use bleach or other disinfectant.
6. PUT on fresh clothing.
7. Make a list of all people who had actual contact with the powder and give to your public health authorities. Instruct contacts to watch for fever or other symptoms over the next several days.

Package Marked with Threatening Message Such as "ANTHRAX":

1. DO NOT OPEN.
2. LEAVE it and EVACUATE the room.
3. KEEP others from entering.
4. NOTIFY your supervisor, local law enforcement or State police.

Aerosolization, Small Explosion, or Letter Stating "Anthrax in Heating System":

1. LEAVE room immediately.
2. SECURE entry.
3. SHUT down air handling system.
4. NOTIFY your supervisor, local law enforcement or State police.
5. REMAIN on premises until responders arrive.
6. MAKE list of all people who were in the building at the time and give to your public health authorities. They may instruct them to watch for fever or other symptoms over the next several days.

FOR ALL SUSPICIOUS UNLABELED MAIL NOTIFY THE LOCAL LAW ENFORCEMENT. DO NOT OPEN.

Contact numbers:

Local law enforcement agencies: 911
Statewide - Kentucky State Police: (800) 222-5555
CHR Building Security: 564-7078

More information about bioterrorism and anthrax is available at the Department for Public Health website. The address is:

<http://publichealth.state.ky.us/BIOTERRORISM.htm>

Tips for Dealing with Bioterrorism-related Fears, Anxiety

CHS Office of Communications

The following are some steps parents and other adults can take to help children cope with their fears:

- Encourage children to express their feelings through talking, drawing or playing, as well as discussion. It is important to listen to their feelings in a calm, accepting manner.
- Be honest and open about the facts of the situation, but keep information age appropriate.
- Children need frequent reassurance that efforts are being made to ensure their safety.
- Try to maintain the daily routine as much as possible.
- Monitor exposure to media coverage through television or Internet.
- Don't be afraid to say "I don't know" if you aren't sure how to answer your child's question. Explain that disasters are rare and that even adults have trouble dealing with them. Reassure your child that adults are still working hard so that children can be safe and secure.
- Provide hope for the future. Reaffirming the future and talking in positive terms about future events can help a child rebuild trust and faith in their future.

The following are some things adults can do to deal with stress caused by abnormal events:

- Talk to people about your feelings. If others are involved help them by sharing your feelings and checking how they are doing.
- Structure your time; keep as busy as possible. Keep your life as normal as possible.
- Realize that those around you are also under stress.
- Increase your physical activity, particularly within the first 24-48 hours following an event, periods of exercise (walking, running, yard or house work, etc.) alternated with

relaxation will alleviate some physical reactions.

- Keep sleep and diet at healthy limits; the better rested and nourished you are, the better equipped you are to deal with stress.
- Recognize your limits. Learn to accept that you are not capable of doing all things all the time.
- Neither alcohol nor drugs actually helps manage stress.
- Do things you enjoy doing.

Additional information on coping with stress provoked by the terrorist attacks can be found at <http://www.ed.gov/inits/september11/index.html> on the Department for Education website and at <http://kysafeschools.org/clear/crisis.html> on the Kentucky Center for School Safety website.

Flu Shots Coming Soon

Due to a delay in delivery of our flu vaccine order, it will be necessary to prioritize vaccine for state employees according to recommendations set by the Centers for Disease Control and Prevention.

Employees who fall into the following high-risk categories should be the first to receive vaccine:

- *Persons aged 65 years and older;
- *Persons with chronic disorders of the pulmonary or cardiovascular systems, including asthma;
- *Persons who have required medical follow-up or hospitalization during the past year because of chronic metabolic disease (including diabetes mellitus), kidney dysfunction, blood disorders, or immunosuppression; and
- *Women who will be in the second or third trimester of pregnancy during the flu season.

Please contact Charlene Nation at 564-7770 if you meet the above criteria in order to be listed in the high-risk category. These individuals will be receiving the flu shot in the first phase.

Welfare Reform A Success in Northern Kentucky

By Mike Jennings, CFC Communications

Welfare dependency has declined more sharply in Northern Kentucky than in the state as a whole.

Since welfare reform began five years ago, there has been a 58 percent drop in the number of families receiving welfare payments in the Cabinet for Families and Children's Northern Kentucky Region. In the region's eight counties (Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, and Pendleton), there were 4,196 families receiving cash assistance in October 1996; in August 2001, there were 1,781.

Statewide, the number of families dependent on welfare declined by 52 percent over that period, from 69,559 in October 1996 to 33,620 this past August.

In part, the drop in welfare dependency can be traced to Northern Kentucky's economic health, but it is also reflects the Cabinet's concerted efforts to help families reach self-sufficiency.

The Cabinet's community partners—including the Kentucky Welfare Reform Task Force, Northern Kentucky VOICE (Northern Kentucky Vision of Integrated Community Entities), Workforce Investment Board, businesses, the faith community, other service agencies and private citizens—have all played crucial roles in this effort.

"As with any community concern, we did not do this alone," said Joel Griffith, the Cabinet's administrator for Community Based Services in the region.

Most former welfare families appear to have adjusted well to the transition to self-sufficiency.

Concerns that the federally mandated reforms would place children at risk have not been born out. A recent study by the University of Louisville documented overall positive outcomes, (continued on page 4, col. 1)

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including a slight decrease in cases of substantiated child maltreatment during the 12 months after families left public assistance. Families who had left welfare also reported fewer children having problems making passing grades and getting along with others, as compared with families still on the program

An additional concern dealt with the 60-month lifetime limit for cash benefits. Many advocates in the community worried that these time limits would result in many families losing all sources of income and place them and their children at a risk.

But in Northern Kentucky this has been one of our greatest successes. In the entire eight-county region, only nine families will lose their benefits effective November, the conclusion of the five-year period.

One year ago, there were 46 families who were at risk of losing lifetime benefits because of the five-year limit. Since then, CFC staff and other service providers have met with these families, helping them move toward self-sufficiency and ensuring that most of them will avoid exhausting their lifetime benefits.

For those few families that will exhaust their eligibility, CFC staff and their community partners will develop “safety nets” to minimize hardship

“Again, the safety and success of these families is dependent upon the collaborative efforts of community at large,” said Griffith.

CFC Employee Appreciation Week: Photos of the Fun

Line ‘em up!



Employees from CFC line up to get a great meal at Lakeview Park on October 11.

Build ‘em up!



Secretary Miller displays the Governor’s proclamation for Guardianship Month.

Load ‘em up!



Everyone fills their plate and enjoys being served by CFC leadership.

Fill ‘em up!



Everyone enjoys time together.

Play games with ‘em!



Secretary Miller prepares to take her turn at placing the nose on the jack-o-lantern.



Secretary Miller finds just the right spot on the jack-o-lantern.

Health and Wellness Fair



Information on the fat content of fast food was displayed at the fair on Friday, Oct. 12.



Products were offered to help relieve stress and soothe sore and tired muscles.